

metro

NEW YORK CITY NO. 1 FREE DAILY IN THE U.S.

Wednesday, April 17, 2019 metro.us | t: MetroNewYork | f: MetroNewYork



GETTY IMAGES

Jay-Z to kick off Webster Hall reopening, 8

Greg Bird becomes 13th Yankee to hit injured list this season, 20

GETTY IMAGES

'WE WILL REBUILD'

French President Emmanuel Macron vowed to rebuild Notre-Dame Cathedral, which was devastated by fire on Monday, 4, 6



GETTY IMAGES

SALSA FESTIVAL
SATURDAY JUNE 8TH 2019
THE NEW YORK CITY SALSA FESTIVAL
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100 BROADWAY, NEW YORK CITY
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FRONDO Y SUS TESTOS • ANGEL LOPEZ DE SON BY FOUR
MIGUEL ALLENDE & MARC QUERENTES OCHOA Y MAS

FRIDAY, JUNE 28
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JERRY ALLENDE & MARC QUERENTES OCHOA Y MAS

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Short, grainy clips were leaked on Reddit, YouTube and other platforms.

The directors of "Avengers: Endgame" pleaded with fans on Tuesday not to spoil the movie by giving away story lines after reports that some scenes had leaked online.

In an open letter posted on Twitter under the hashtag #DontSpoilTheEndgame, Joe and Anthony Russo said they and the vast cast of the upcoming Marvel superhero movie "have worked tirelessly for the last three years with the sole intention of delivering a surprising and emotionally powerful conclusion" to the saga.

"When you see Endgame in coming weeks, please don't spoil it for others, the same way you wouldn't want it spoiled for you," they added.

Walt Disney's "Avengers: Endgame" marks the conclusion of a story told across 22 Marvel films. The plot has been shrouded in secrecy, with no advance screenings for the entertainment press. Sales of advance tickets earlier this month surpassed those of 2015 movie "Star Wars: The Force Awakens."

The film, which brings together multiple comic-book characters,

'Avengers: Endgame' movie directors plead: 'Don't spoil it'



MARVEL STUDIOS

starts its rollout on April 24 in Australia and China before arriving in the United States on April 25.

Some fans said on Tuesday they had seen brief, grainy scenes on Reddit, YouTube and other platforms, but the

footage was swiftly removed. Reuters has not seen the leaked scenes and Disney declined to comment.

The #DontSpoilTheEndgame hashtag was one of the top Twitter trends on Tuesday. Some fans who said they

had viewed the leaks said they only increased their anticipation for the movie.

"I was upset for about 0.2 seconds then realized how cool it was and it made me so hyped," a person with the user name thestagie posted

on Reddit.

Chris Smith, a contributor to the BGR.com entertainment and tech news site, wrote that he had seen a leak but that it "doesn't really give away the ending" of the movie, although it contained scenes that had

not been shown in any of the trailers or official clips released so far.

"I don't consider that the leak has actually ruined the movie for me. It just makes me want to watch it even more than I already did," wrote Smith. REUTERS

Columbine, other Colorado schools under security alert

2 Authorities in Colorado placed Columbine High School and more than 20 surrounding public schools under a "lockout" security alert on Tuesday, citing the investigation of an unspecified "credible threat." The alert came four days before the 20th anniversary of the April 1999 massacre at Columbine, when two heavily armed students stormed the suburban Denver high school and fatally shot 12 classmates and a teacher before committing

suicide. Tuesday's lockout, less serious than a public safety "lockdown," means that activities inside the schools may continue as usual but entry and exit is restricted, the Jefferson County Sheriff's Office said on Twitter. Officers were "investigating what appears to be a credible threat possibly involving the schools," the sheriff's department said on Twitter, adding that students were safe and additional deputies were dispatched to the schools. REUTERS

Reality TV now has its own fan convention

3 From gossipy housewives to lovelorn bachelors and lip-syncing drag queens, reality television is getting its own fan event. Youth channel MTV on Tuesday announced it would host the first reality television convention, where fans and some of the people made famous by shows like "Jersey Shore," "The Real Housewives" and "The Bachelor" will come together to celebrate the genre. MTV, whose "The Real World" is credited

with launching the modern trend for reality television in 1992, said that the RealityCon event would take place in the summer of 2020. It will feature performances, interviews and discussions with stars and producers behind some of reality television's most popular series across TV networks, including "Survivor," "Big Brother," "The Hills" and "RuPaul's Drag Race." MTV said it would announce dates and more details about RealityCon at a later stage. REUTERS

Washington won't drop Sudan from terror list

4 The United States will not remove Sudan from the state sponsor of terrorism list until the country's leadership and policies change and the military no longer holds power, a U.S. official said on Tuesday. "We will be willing to look at removing Sudan from the list of state sponsors of terrorism if there is significant change in the country's leadership and policies," the State Department official told Reuters. The

Trump administration suspended talks on normalizing relations with Sudan after the military deposed veteran autocrat Omar al-Bashir last week, saying it would oversee a two-year transition, followed by elections. The move was rejected by protesters, who for weeks maintained pressure on Bashir to step down, mainly over his mismanagement of the economy, and called on the military to hand over power to civilians. REUTERS



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Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

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 - Residents of Brooklyn Community Board 5 (50%) • Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

30% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴	40% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴
	1 bedroom	\$426	2	1 Person 2 People	\$16,629 - \$21,930 \$16,629 - \$25,050		1 bedroom	\$605	2	1 Person 2 People	\$22,766 - \$29,240 \$22,766 - \$33,400
	2 bedroom	\$521	13	2 People 3 People 4 People	\$19,920 - \$25,050 \$19,920 - \$28,170 \$19,920 - \$31,290		2 bedroom	\$736	13	2 People 3 People 4 People	\$27,292 - \$33,400 \$27,292 - \$37,560 \$27,292 - \$41,720
	3 bedroom	\$594	1	3 People 4 People 5 People 6 People	\$23,006 - \$28,170 \$23,006 - \$31,290 \$23,006 - \$33,810 \$23,006 - \$36,300		3 bedroom	\$843	1	3 People 4 People 5 People 6 People	\$31,543 - \$37,560 \$31,543 - \$41,720 \$31,543 - \$45,080 \$31,543 - \$48,400

50% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴	60% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴	90% AREA MEDIAN INCOME (AMI) UNITS			
	Studio	\$618	1	1 Person	\$23,143 - \$36,550		\$761	2	1 Person	\$28,046 - \$43,860	\$1,091	1	1 Person	\$39,360 - \$65,790	
	1 bedroom	\$784	2	1 Person 2 People	\$28,903 - \$36,550 \$28,903 - \$41,750		\$963	5	1 Person 2 People	\$35,040 - \$43,860 \$35,040 - \$50,100		\$1,375	6	1 Person 2 People	\$49,166 - \$65,790 \$49,166 - \$75,150
	2 bedroom	\$951	13	2 People 3 People 4 People	\$34,663 - \$41,750 \$34,663 - \$46,950 \$34,663 - \$52,150		\$1,166	37	2 People 3 People 4 People	\$42,035 - \$50,100 \$42,035 - \$56,340 \$42,035 - \$62,580		\$1,660	40	2 People 3 People 4 People	\$58,972 - \$75,150 \$58,972 - \$84,510 \$58,972 - \$93,870
	3 bedroom						\$1,339	4	3 People 4 People 5 People 6 People	\$48,549 - \$56,340 \$48,549 - \$62,580 \$48,549 - \$67,620 \$48,549 - \$72,600					

¹ Tenant pays electricity. ² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How do you Apply?

Apply online or through mail. To apply online, please go to: www.nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Nehemiah Spring Creek 4B-1 c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801. Only send one application per development. Do not submit duplicate applications.

When is the Deadline?

Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

What happens after you submit an application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: Nehemiah Spring Creek 4B-1 c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 17 de junio 2019.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版, 请将您的回邮信封寄送至: Nehemiah Spring Creek 4B-1 c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801. 信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请 2019年6月17日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу Van Sinderen Plaza c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 17 июня 2019.

한국어

nyc.gov/housingconnect에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 Nehemiah Spring Creek 4B-1 c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801.으로 보내주십시오. 봉투 뒷면에 "KOREAN"이라고 영어로 적어주십시오. 2019년 6월 17 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resewva yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: Nehemiah Spring Creek 4B-1 c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801. Nan dèvè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remet aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat jen 17, 2019.

العربية

Nehemiah Spring Creek 4B-1 c/o Cornell Pace Inc, 542 Main Street 3rd Floor, New Rochelle, NY 10801 على جهة الخلفية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect للحصول على ترجمة باللغة الإنجليزية لهذا الإعلان ولنموذجطلب الورق، أرسل مذكرة إلى البريد قبل 17 يونيو 2019. وينوي 17 يحمل اسمك وعنوانك إلى: "ARABIC". إرسال نماذج طلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 17 يونيو 2019.

NEWS

French President Macron hopes to rebuild Notre-Dame in five years.

President Emmanuel Macron pledged on Tuesday that France would rebuild the fire-devastated Notre-Dame de Paris cathedral, saying he hoped the work would be done in five years and the French people would pull together to repair their national symbol.

Macron devoted a brief prime-time televised address to Monday's catastrophic blaze in the heart of the capital, again postponing planned remarks on his response to months of anti-government protests.

"We will rebuild Notre-Dame even more beautifully and I want it to be completed in five years. We can do it,"

Gutted but 'valiant,' Notre-Dame still stands after devastating fire



A view of the debris inside Notre-Dame de Paris in the aftermath of a fire that devastated the cathedral. REUTERS

Macron said.

"It is up to us to convert this disaster into an opportunity to come together, having deeply reflected on what we have been and what we have to be and become better than we are. It is up to us to find the thread of our national project.

"This is not a time

for politics," added Macron, who had canceled a speech planned on Monday evening on the response to the "yellow vest" protests.

He visited the site of the fire late on Monday and promised then to rebuild the cathedral, parts of which date to the 12th century.

The cathedral spire was destroyed and its roof gutted but the bell towers were still standing and many valuable art works were saved after more than 400 firemen worked to contain the blaze, finally quelling it 14 hours after it began.

As the city and the country grieved for a po-

tent national symbol, billionaires, companies and local authorities were quick to offer donations.

Some 24 hours after the fire started, more than 750 million euros (\$845 million) had been pledged, including 500 million from the three billionaire families that own France's giant luxury goods empires: Kering, LVMH and L'Oréal.

Paris public prosecutor Remy Heitz said there was no obvious indication the fire was arson. Fifty people were working on what would be a long and complex investigation, officials said.

The fire swiftly ripped through the cathedral's oak roof supports, where workmen had been carrying out extensive renovations to the spire's timber-framed supports. Police began questioning the workers involved, the prosecutor's office said.

One firefighter was injured but no one else was hurt, with the fire starting at around 6:30 p.m. after the building was closed to the public for the evening.

Firefighters examined the facade, with its spectacular 10-meter filigreed stained-glass rose window still intact. They could be seen walking atop the belfries as police kept the area on lockdown.

Investigators will not be able to enter the cathedral's blackened nave until experts are satisfied its walls withstood the heat and the building is structurally sound.

"Yesterday we thought the whole cathedral would collapse. Yet this morning she is still standing, valiant, despite everything," said Sister Marie Aimee, a nun who had hurried to a nearby church to pray as the flames spread. REUTERS

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Doctors Urge Knee Pain Sufferers “Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

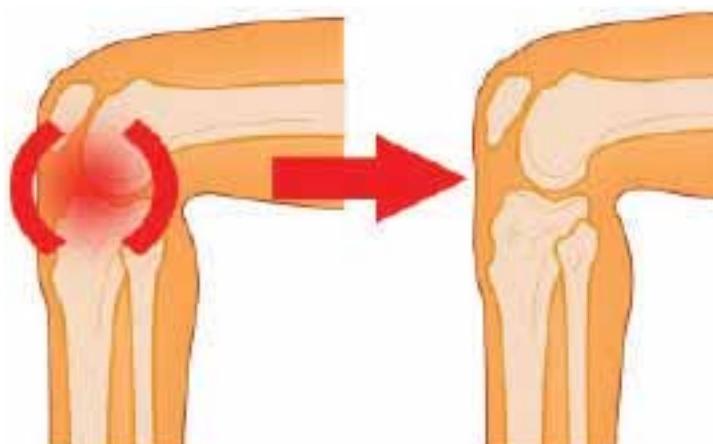
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310

Americans, frequent visitors to Notre-Dame begin fundraising efforts

French President Emmanuel Macron announced the plan for an international campaign.

The fire that devastated Notre-Dame Cathedral in Paris on Monday prompted fund-raising appeals in the United States, as people horrified by the blaze began making commitments to restore a global landmark even before the flames were extinguished.

The New York-based French Heritage Society and the Go Fund Me crowdsourcing platform were among the first to offer help for a cathedral that is a must-see destination for visitors to Paris from all over the world.

French President Emmanuel Macron said an international campaign would be launched to



French President Emmanuel Macron.



GETTY IMAGES

raise funds for the rebuilding of Notre-Dame Cathedral.

The French Heritage Society, an American non-profit group dedicated to preserving French architectural and cultural treasures, launched a web page on Monday to raise

money for the cathedral's restoration.

"Notre-Dame is obviously an architectural marvel and most certainly a monument that should be restored," Jennifer Herlein, the executive director of the society, said by phone.

Herlein could not immediately say how much her organization had raised for Notre-Dame on Monday. Eventually, the funds raised will go directly to the cathedral, she said.

The organization, which was founded in

1982, gave two grants last year totaling more than \$430,000 for restoration projects at France's national library, she said.

"Notre-Dame is obviously an architectural marvel and most certainly a monument that should be restored."

Jennifer Herlein, executive director of the society

At the website GoFundMe, more than 50 campaigns related to the cathedral fire had been launched globally on Monday, John Coventry, a spokesman for Go

Fund Me, said by email.

"In the coming hours we'll be working with the authorities to find the best way of making sure funds get to the place where they will do the most good," Coventry said.

Some of the Go Fund Me campaigns had not listed any money raised by late Monday, and several joke campaigns were created through Go Fund Me to help Quasimodo, the fictional character in Victor Hugo's 19th century novel "The Hunchback of Notre-Dame."

"I think the challenge will be whether or not people who give the money agree with those who are doing the rebuilding about how the cathedral should be rebuilt," said Lisa Bitel, a professor of religion and history at the University of Southern California. REUTERS



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- Specializing in a variety of internal and external disorders using advanced technology for advanced care
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New York for our specialties

in Erectile

Dysfunction and providing our expert

knowledge in Sexual Wellness!



How To Know If Hormonal Replacement Therapy Is Right For You.

When it comes to understanding hormones or how hormones affect our overall health, we often get confused or at times misguided with preconceived notions that our hormonal peek is only relevant to our daily lives at the peek of our youth and pubescent stage.

However, that limited notion is entirely outdated as more women and men are finding the need to understand and be in tune with their hormonal states to restore hormonal equilibrium for each important stage in life. Through years of study, both women and men alike experience a variety of menopausal symptoms (women) or andropause symptoms (men) that can include changes in fertility, aging, weight maintenance, sexual desire and function, dermatological influx, bone strength (Osteoporosis) and urological concerns.

To see that so many areas in your day to day health is dictated by something as simple as a hormonal deficiency poses the question that we at New York Medicine Doctors Center seek to ask and answer which is - What exactly is causing this deficiency? And most importantly, what can we do as a team working alongside our patient to integrate a treatment that is long lasting and realistic.

This is why we are committed to bringing our patients the most advanced time tested methods of hormonal optimization.

We believe not only in providing a safe environment for our patients to talk about uncomfortable issues but to also thoroughly assess for effective results. We provide the following methods and treatments to help restore your hormonal imbalances:

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Feel free to browse our network on ZocDoc to see if your insurance is covered or visit us at our main website and learn more about our services.

www.nymdcenter.com



Jay-Z to kick off Webster Hall reopening

The iconic club is reopening after two years of renovation.



NATE HOMAN
letters@metro.us

Webster Hall is broadcasting a public service announcement, allowing the newly renovated arena to reintroduce itself by hosting a performance from Jay-Z.

Tickets for Nova's April 26 show at the East Village club will go on sale this coming Friday. The show is billed for patrons 16 and older, and the tickets will cost a pretty penny. The advanced purchasing price is between \$250 and \$399, and the day-of prices have not been released yet.

ABC.com is reporting that the man who claims to have been able to make "the Yankees hat more famous than a Yankee can" will be the first show hosted at Webster Hall since closing its doors in 2017 for repairs and renovations. Webster Hall posted the announcement on their Instagram feed, saying, "JAY-Z is opening Webster Hall with 'B-Sides 2' on Friday,



Jay-Z GETTY IMAGES

April 26 for Day 1 fans. AMEX Card Members can get tickets on 4/18 at 10 a.m. ET before the public onsale on 4/19 at 11 a.m. ET."

According to Webster-HallHistory.com, the his-

toric theater was commissioned for construction in 1886 by Polish cigar maker Charles Goldstein. The Hall was a central venue for left-leaning social and political movements in the early 1900s as im-

migrants rights activists and blue collar workers drifted towards socialist ideology in the East Village. Here, New Yorkers rallied against the trial and execution of Sacco and Vanzetti in Boston,

and held masquerade balls with "hedonistic" themes. As one may have guessed, the Webster Hall became a speakeasy during Prohibition.

In 1949, a cigarette sparked a fire that burned for two whole days, destroying the roof and much of the interior of the hall. After the repairs, RCA Records purchased the Hall in 1953. Orchestras and rock stars alike performed and were recorded live on stage. The Webster Hall reinvented itself as The Ritz in the 1980s, becoming one of the most popular rock clubs in New York City.

After a massive renovation and a return to the original name in 1992, Webster Hall reopened as the city's largest nightclub and venue. It was accepted into the Landmarks Preservation Commission in 2007, and offers three performance rooms: the 1,500-capacity Grand Ballroom, the 600-capacity Marlin Room and the 400-capacity stu-

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This building is being constructed through the Mix & Match Program of the New York City Housing Development Corporation and the New York City Department of Housing Preservation and Development.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

* A percentage of units is set aside for applicants with disabilities:

- Mobility (5%) • Walk/Elderly (2%)
- Preference for a percentage of units goes to:
- Residents of Manhattan Community Board 11 (50%) • Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	100% AREA MEDIAN INCOME RATE	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum	100% AREA MEDIAN INCOME RATE	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
Studio	\$313	\$1	1 Person	\$11,200 - \$21,000		\$464	\$2	1 Person	\$17,063 - \$22,246	
1 Bed	\$411	1	1 Person	\$16,380 - \$21,000		\$588	3	1 Person	\$22,218 - \$22,246	
			2 People	\$16,380 - \$25,000				2 People	\$22,218 - \$33,406	
2 Bed	\$509	1	1 Person	\$21,500 - \$26,770		\$713	2	2 People	\$32,533 - \$35,406	
			3 People	\$21,500 - \$31,700				3 People	\$32,533 - \$37,706	
			4 People	\$22,500 - \$31,700				4 People	\$32,533 - \$41,706	
3 Bed	\$512	1	1 Person	\$22,500 - \$26,770		\$817	1	2 People	\$32,533 - \$32,596	
			3 People	\$23,500 - \$33,013				3 People	\$33,053 - \$34,396	
			4 People	\$23,500 - \$33,013				4 People	\$33,053 - \$35,396	
			5 People	\$23,500 - \$36,300				5 People	\$36,743 - \$36,900	
			6 People	\$23,500 - \$36,300				6 People	\$36,743 - \$36,900	

Unit Size	100% AREA MEDIAN INCOME RATE	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum	100% AREA MEDIAN INCOME RATE	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
Studio	\$728	7	1 Person	\$22,100 - \$42,000		\$1,048	3	1 Person	\$27,020 - \$37,306	
1 Bedroom	\$819	12	1 Person	\$33,875 - \$42,000		\$1,329	3	2 People	\$47,280 - \$57,106	
			2 People	\$33,875 - \$60,160				2 People	\$47,280 - \$60,504	
2 Bedroom	\$1,121	11	1 Person	\$41,492 - \$80,100		\$1,588	4	2 People	\$60,000 - \$82,306	
			2 People	\$41,492 - \$95,240				2 People	\$60,000 - \$94,380	
			3 People	\$41,492 - \$98,580				3 People	\$60,418 - \$92,306	
3 Bedroom	\$1,298	2	2 People	\$41,525 - \$86,240		\$1,839	1	4 People	\$65,418 - \$94,380	
			3 People	\$48,856 - \$92,580				3 People	\$68,418 - \$91,780	
			4 People	\$48,856 - \$97,620				4 People	\$68,418 - \$97,620	
			5 People	\$48,856 - \$97,620				5 People	\$68,418 - \$97,620	
			6 People	\$48,856 - \$97,620				6 People	\$68,418 - \$97,620	

Unit Size	100% AREA MEDIAN INCOME RATE	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum	100% AREA MEDIAN INCOME RATE	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
Studio	\$1,229	8	1 Person	\$81,255 - \$129,816		\$1,261	3	1 Person	\$107,246 - \$129,000	
1 Bedroom	\$2,170	8	1 Person	\$129,816 - \$129,816		\$1,480	8	1 Person	\$102,020 - \$125,000	
			2 People	\$129,816 - \$137,770				2 People	\$102,020 - \$135,504	
2 Bedroom	\$2,611	12	1 Person	\$181,073 - \$190,776		\$1,588	7	2 People	\$179,593 - \$191,000	
			2 People	\$181,073 - \$194,816				2 People	\$179,593 - \$191,000	
			3 People	\$181,073 - \$172,200				3 People	\$181,073 - \$181,500	
3 Bedroom	\$3,026	4	1 Person	\$105,806 - \$154,026		\$2,362	3	4 People	\$81,596 - \$112,000	
			2 People	\$105,806 - \$172,046				3 People	\$81,596 - \$112,500	
			3 People	\$105,806 - \$186,096				4 People	\$81,596 - \$113,500	
			4 People	\$105,806 - \$200,600				5 People	\$81,596 - \$116,500	

¹ Tenant pays a deposit.
² Household size includes everyone who will live with you, including parents and children. Subject to occupancy limits.
³ Household income includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

Minimum income listed here not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limit also apply.

How Do You Apply?

Applicants or through realtor. To apply online, please go to nyc.gov/housingconnect. To request an application, by mail, send a self-addressed envelope to:

The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application will be disqualified.

When Is the Deadline?

Applications must be postmarked or submitted online no later than **June 17, 2019**. Late applications will not be considered.

What Happens After You Submit An Application?

After the deadline, applications are selected for review through a lottery process. If you're selected and you agree to qualify, you will be invited to an interview to confirm the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español: Presente una solicitud en línea a nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. En el reverso del sobre, escriba en inglés la palabra "SPANISH". Las solicitudes se deben enviar en línea o con envío postal antes de **17 de junio de 2019**.

简体中文: 在线申请。如要索取本广告及申请表的简体中文版, 请将信封的背面写上“CHINESE”。必须在以下日期之前在该网站中填写并提交于 **2019年6月17日**。

Русский: Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке, отправьте конверт с обратным адресом по адресу The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на конверте) не позднее **17 июня 2019**.

한국어: 웹사이트에서 온라인으로 신청하십시오. 또는 광고문과 신청서를 한국어로 받아보시려면 [The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418](http://nyc.gov/housingconnect)으로 보내주시길 바랍니다. 신청서는 **2019년 6월 17일**까지 신청이 가능합니다.

Kreyòl Ayisyen: Aplique sou entènet sou siteweb nyc.gov/housingconnect. Pou resvwa yon tradisyon an nou lang Kreyòl Ayisyen ak aplikeyon an nou papye, volez envio li gen adres pou resvwa i nan: The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. Nan daye envio li, skri mo "HAITIAN CREOLE" an Anglé. Ou dwé remet aklikasyon yo sou entènet cowi ou dwé ferme je anvan dat **jou 17, 2019**.

العربية: تفضل على ترجمة رسالة لهذا العنوان وتقديمها على البريد الإلكتروني. أو من الممكن أن تعرفون ذلك باللغة الإنجليزية كالتالي: [The Gilbert on First c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418](http://nyc.gov/housingconnect). طريق الاشتراك في المباني الجديدة في **17 يونيو 2019**.



US teen girls at risk in dating violence

One in four U.S. teenage girls killed in a homicide is slain by her dating partner: Study.

One in four U.S. teenage girls killed in a homicide is slain by her dating partner, research showed on Monday, exposing details about the "taboo" issue of dating violence among young people.

Teen and adolescent girls are often embarrassed or reluctant to talk about violence, while some schools and parents resist teaching about violent relationships, experts said.

Nine out of 10 teens and adolescents killed by a dating partner are girls, and nine out of 10 of the killers are boys and men, said researchers at the University of Washington. Their

report was published in the JAMA Pediatrics medical journal.

"When they are experiencing things they recognize as unhealthy, they're not likely to disclose to adults in their lives," said lead author Avanti Adhia, a senior fellow at the university's medical school.

"By the time kids get to college, it's too late to start teaching about this," she told the Thomson Reuters Foundation.

The research studied more than 2,000 U.S. homicides of children ages 11 to 18.

It found one-quarter of slain girls were killed by an intimate partner.

A previous study in 2017 by the National Institute of Justice, a U.S. government research agency, found more than two-thirds of teens said they had been in a violent intimate rela-

tionship in the previous year.

"There's something so taboo about the topic," said Bersheva Delgado, a community liaison at The Healing Center, a New York nonprofit group that works with abuse survivors.

While some U.S. states allow minors to file legal orders of protection designed to keep abusers away, others require an adult to be present or parental notification that can deter teens from reporting violence, Adhia said.

Most of the female victims were 17 or 18 and their partners typically four years older, the research found.

About two-thirds of the deaths involved guns.

More than one in four deaths were fueled by jealousy, a break-up or resisting a relationship, Adhia said. REUTERS



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Church burnings suspect charged with hate crimes

Three additional charges were lodged against the son of a sheriff's deputy accused of burning down three predominantly black churches in southern Louisiana in the past few weeks.

A Louisiana judge added three federal hate crime charges against Holden Matthews, 21, and denied him bond according to multiple media accounts reported, including CBS News.

Matthews, a white resident of St. Landry Parish, the county where the fires occurred, was previously charged with three counts of arson on religious buildings, officials said.

Matthews entered a plea of not guilty on Monday and remained in custody at the St. Landry Parish jail, media reports said. A judge set a September trial date.

Matthews, the son of Deputy Roy Matthews



LANDRY PARISH JAIL

of the St. Landry Parish Sheriff's Office, was taken into custody last Wednesday.

The three churches destroyed by the fires have mostly black congregations, raising authorities' suspicion that the fires may be racially motivated hate crimes.

Noting the history of burnings of black churches in the South, Louisiana Gov. John Bel Edwards said the episode was "especially painful because

REUTERS



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Netflix to release Alexandria Ocasio-Cortez doc on May Day

The story of AOC's meteoric rise to political power makes its debut.



NATE HOMAN
letters@metro.us

Rep. Alexandria Ocasio-Cortez (D-NY), better known as AOC, has captured the attention of fans and foes alike in her ascension to political prominence.

We've seen her dance around the campus at Boston University as an undergraduate; cross-examine Michael Cohen, the former attorney and fixer for President Donald Trump, over the coals on Capitol Hill; and hang out with Desus and Mero on their late-night talk show.

Now, Netflix is planning to release a documentary on AOC's historic ousting of popular incumbent New York Democrat Joe Crowley in the beginning of 2019, making the leap from bartender to legislator in shocking fashion.

On May 1, Netflix will debut "Knock Down the House," which initially screened at the Sundance Film Festival. Sunnysidepost.com said that the documentary sold for a record \$10 million in February — the biggest sale of a documentary in the festival's history.

Director Rachel Lears told Sunnyside Post that the platform will allow the film to "reach huge audiences worldwide, including viewers who

may not usually watch independent documentaries."

"Knock Down the House" follows three other U.S. congressional figures who emerged onto the progressive political scene by running grassroots campaigns (Amy Vilela in Nevada, Cori Bush in Missouri and Paula Jean Swearengin in West Virginia), according to Paste Magazine. Each came up short in their respective races, but AOC successfully shocked the political landscape.

Currently, Rep. Ocasio-Cortez is the media darling of the Democratic Socialists who lean further left of Nancy Pelosi and Joe Biden on the political spectrum — and the constantly criticized



Rep. Alexandria Ocasio-Cortez (D-NY)

AOC/TWITTER

bane of right-wing news networks and editorials. She has championed a Green New Deal and an effort to secure Medicare for all while calling for heavy taxes for high-earners nationwide.

Other outlets have tried to tell the tale of

AOC's unprecedented popularity. There are reports from The Daily Beast that the freshman congresswoman was in talks for a book deal that ultimately fizzled out. While the book deal hasn't come to fruition yet, it goes without

saying that a sitting House of Representatives member is seldom sought after for publishing rights.

"Knock Down the House" premieres on May 1, which is celebrated as International Worker's Day.

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6	9	4		1	8		
	4				9		
	8	5	1				
3				8		2	
	6						

MEDIUM

	5				3		4
1	6		2				
				3		1	7
	7			6	5		
	5			2		6	
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2	4	8					
				5			8
			1				

HARD

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			4			8	5
1	6	8			3		
8					5		
	3	9					
	5			4		9	
		4	1				2
5			3	9		6	
4	7				8		

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My grumble is when using the bathroom at the movie theatre, restaurant, etc. Women come out of the bathroom stalls and do not wash their hands... W.T.H. is that about?????

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Anonymous, Metro US reader



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Aries Don't limit what you can do. Resourcefulness and skill will help you bypass anyone trying to discourage you from following your dream. Surround yourself with positive people who are willing to help.



Taurus Take your ideas, flesh them out and see what happens. A journey has to begin somewhere, so consider the results you want to achieve and get started.



Gemini Offer to do what's feasible, but don't agree to take on something that will cause a rift between you and a loved one. Learn to say no or you'll be taken advantage of.



Cancer Don't let a bad mood ruin your day or allow someone you don't agree with to set you off. Do your best to offer positive suggestions, love and a helping hand.



Leo Don't make a move before running your idea past someone who will be affected by what you do. Having approval will make it much easier to accomplish your objective.



Virgo If you want change, take the initiative and make it happen. Follow proper protocol to avoid being criticized or getting into a heated discussion that will disturb your schedule.



Libra Speak up and show how passionate you are about someone or something. Your words matter and can make a difference to someone who is struggling. An unexpected opportunity is within reach.



Scorpio A change of pace, meeting new people and discovering different lifestyles or cultures will encourage you to rethink how you want to live your life. A romantic encounter will brighten the scene.



Sagittarius Gaining insight into what others want will help you negotiate a better deal. Offer incentives and show interest in the skills, experience and information made available.



Capricorn Get involved in a joint venture or check out an investment that interests you. A settlement or discussion will turn in your favor. Celebrate your victory with a loved one.



Aquarius Do something that matters. Make an adjustment at home that will simplify your life. Don't share too much information. Walk away from people who promote bad habits.



Pisces Make a change for the right reason. Do your homework and ascertain that your plans are doable before you begin. A job opportunity may not be as good as it's described. **EUGENIA LAST**



The founders of Kettlebell Kitchen explain the benefits of prepared-meal service.

 JEFF TOMKO
jeff.tomko@metro.us

Danielle is like most New Yorkers trying to maintain a consistent health and fitness lifestyle in spite of consistently increasing hours spent at her office.

A 4:30 a.m. alarm kicks off her day, where it's to the gym by 5:15 to squeeze in a mix of weights and spin which precedes her anything-goes subway commute to work, where the financial executive will spend anywhere from 10 to 12 hours each day.

Despite all healthy intentions, nutrition usually winds up becoming compromised by time constraints. Even with a fridge ambitiously filled with greens and lean proteins and a once-gallant effort at trying meal-prep services — those food subscriptions in which recipes and ingredients are delivered to your door — lunch via meal cart followed by takeout for her take-home dinner is Danielle's daily diet norm.

Now the latest convenient cooking evolution may be a busy professional's best option. Prepared-meal services, in which a variety of diet-friendly dinners are prepared, cooked, then shipped to your apartment are the latest time- and calorie-saving food prep option.

"I remember hauling grocery bags from Trader Joe's to the subway and trying to go through the turnstiles — not a lot of fun, especially when it was bad weather," said Joe Lopez-Gallego, who with his brother Andy launched Kettlebell Kitchen in 2013. "Our service now makes it more convenient and affordable to come up with healthy meal solutions."

A pair of Army vets, the New York-bred bros' motivation behind the combat-to-cooking angle of Kettlebell Kitchen (kettlebellkitchen.com) was blending their two passions — fitness and cooking.

Now is the time to outsource your meal prep



Despite its name, you don't have to master kettlebells to order Kettlebell Kitchen. COURTESY KETTLEBELL KITCHEN

While at West Point, Joe played water polo and was a certified fitness trainer. The brothers recall their days serving in Iraq when the meal options were MREs: "When we were deployed there was no real food provider," Joe said. "I kept thinking, 'This is so artificial. Not what we should be eating. There's got to be a better way.'

Don't let the name intimidate you, Kettlebell Kitchen wasn't created for flexing meatheads hovering around the squat rack (although you can pick up your KBK order at a host of gyms). Both athletes and financial executives can benefit from prepared-meal delivery services.

KBK — just one of a number of similar services which include Icon Meals and Insainly Fit Meals — can cater to your dietary needs, from keto, low-carb, Paleo, even vegetarian. It's as simple as popping it into a microwave and digging in, all for the cost of a Midtown lunch special.

"It helps ordering a meal in which you know what the ingredients are, designed for your particular goals, and it's gonna be easy and ready," Andy Lopez-Gallego says. "You don't need to waste your time searching for the right meal. Have one ready for you in the refrigerator, at home or at work, eat quickly and get on with your day."

Although meal-prep services have recently become hugely popular — sales are projected to reach \$10 billion by

2020 — they require time, which a lot of folks can no longer afford. A recent survey found that Americans on average spend just over

a half-hour each day preparing meals and cleaning up.

And not all Americans like to cook: A 2017 study

found that just 10 percent of Americans actually enjoy cooking. Just another reason to outsource your meal prep, says motivational speaker Bedros Keuilian.

"We're living in a really great time," Keuilian, the author of "Man Up," says. "I believe in buying speed, and so if I could use a meal-prep company that is already willing to do it and I can pay them, great. ... All those little things buy back hours and minutes, and before you know it you've opened up so much time to spend with your family, do personal growth, get your workout in."

As for Danielle, pre-made meals have immediately changed her midday and post-work diet habits. And all without having to turn on the stove.

"I never knew this kind of stuff existed," she says. "I never have time to cook, and I'm sick of grabbing sandwiches. Taking these to work makes me feel like I'm an athlete."

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'It's not a guidebook, it's just what I went through' – The triumphant return of Snow Patrol

We spoke with lead singer Gary Lightbody about the band's first album in seven years, "Wildness."



PAT KING
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In popular music, does absence really make the heart grow fonder or is remaining in the zeitgeist just as important as the quality of an artist's body of work? This is a complicated and worthy question, as time away from the spotlight in the streaming age can mean the end of a career for some, while the holdout for a reunion for certain artists can only build a legion of rabid fans to build a newfound cult status.

In the case of the Scottish band Snow Patrol's lead singer Gary



ALL PHOTOS PROVIDED

Lightbody, before the release of the band's 2018 album "Wildness," he spent seven years uncertain of whether or not he would be able to write another song after their 2011 album "Fallen Empires." During that time, he had to do some serious soul-searching and

introspective self-help that included kicking his addictions to both drugs and alcohol in order to be able to get a handle on the demons that were sidelining his creativity. I spoke with Lightbody about what seven years without Snow Patrol was like and how he was able to

overcome his fears and take the stage again.
Before last year's album ("Wildness"), it had been seven years since a proper Snow Patrol release. Do you feel that the time off put things in perspective for you?
It's a difficult thing to

think about at the time, I think, as you're sort of meeting each new challenge as it comes. In hindsight, I can see the picture quite clearly. But at the time, I was wading through a whole bunch of different stuff. I didn't know if I could write another song. I just thought that was it. I've told this story before but I apologize for recycling it. I read an interview with Henry Rollins, who I'm a big fan of... He was asked why he didn't make any music anymore and he said: "I've had my songs and that was it."

I was in a real barren drought for a long period of time and I read those words and I thought, "F-k, I've had my songs!" This is coming from the mountaintop. This is coming from Henry Rollins! A man I've admired as much as any. He

just told me what the problem is. I've run out of f-kings songs. It took me a while to get over that, to be honest. Not that I'm blaming Henry Rollins for any of this [laughs]. But it did make me think that I was fighting an unwinnable war. It just made me dig in a little bit more. It took me a while to realize that this had nothing to do with the music. It was what was going on in my head that was the problem.

That was a long, long process and that's why it took seven years. It wasn't seven years of trying to make an album. It was five years of trying to get my life sorted and then six months of studio time making the record and 18 months of trying to write it with a clearer head.

At one time, you were

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writing as a music columnist for a couple of different magazines. Was writing a good creative outlet to help you to get in the right headspace for writing music again?

Partly that but also my degree is in English. I wanted to become a music journalist. With the band, it was 10 years before we had a hit. So, I just assumed I would never have any success. I just figured that I would try to get into journalism. I was sending my stuff into magazines, I was living in Glasgow at the time, and I was kind of getting knocked back everywhere. The demos we were sending everywhere were getting knocked back. The copy I was sending was to magazines getting knocked back. It was a lot of slammed doors in the face but it kind of made me more resilient at the time. But, it got to the stage where people were actually asking me to write for columns when the band had some success. I just jumped at

the chance. I've always wanted to do it. I love enthusing about music. I've always wanted to tell people about the music I loved but I don't think I would be a good journalist because I wouldn't be able to write about the music I didn't like. I never got to the situation where I had to write about an album I didn't like. That's not in me. I know what it takes to make a record. It's very hard. Even if I don't like something, to even think about criticizing it... If you put your heart and soul into a record, it has value. Whether or not people like it or not or you individually like it, it doesn't matter. I was just never able to say, "Well, I hate this because..." [laughs]."

It is kind of funny as you get older that you can appreciate music more on simply it being created rather than if it is cool or not. You begin to let go of what you think you are supposed to be listening to and just enjoy things

on a more basic level. Yes. Absolutely! It always amazes me as well when you catch people in pubs sometimes when you get the feeling that they immediately don't like you and you guess that it's because they don't like your band. It's so funny when you are able to have seen behind the doors of all of it. I've met members of bands that I haven't liked the music of and they've turned out to be the loveliest people I've ever met and I've met bands that I've adored and they've turned out to be hateful. You can't ever judge someone by their music. The people who make the saddest or the angriest music turn out to be the loveliest people. They are just able to get it out off their chest and communicate with the world.

A lot of the lyrical content on this album

echoes strong messages of self-help. The line "Don't fall in love with the way things were, it will f-k up your mind" sticks out to me. Your music has always been very full of empathy, but do you feel as though it is harder to re-

from myself. Part of it was I thought, if I share this — the darkest places I wasn't able to open those doors and look in in the past, and any time I thought about trying to look in — I thought people would run from me was my greatest fear. If I showed anyone the darkest parts of myself, they wouldn't want to be my friends.

The recovery from alcoholism and drug addiction was interwoven with the album and I knew that once I opened those doors and not just looked inside but sat inside and shared many meals with my demons, that I was never going to be able to go back. There was no closing the doors, they were just going to be open. I had to write about it and I don't think I was necessarily brave, I was just too scared not to do it. It kind of backed me

into a corner and I said: "Well, I have to do this now."

I didn't think people sent letters anymore, but I've got so many f-ing letters. I don't know how they got my address, but I guess it must be on the internet somewhere! People saying how much the album means to them, means a lot to me. So, I don't think it can be a responsibility. I think your responsibility has to be to yourself, in a way. Nobody wants to hear the record that you make for everybody else. They want to hear the record you make for you. You just have to hope that it relates to other people because if you start trying to second-guess what people want, you are doing you or your fans or anybody else who listens to your songs a disservice. It's not a guidebook, it's just what I went through. I'm glad that it has connected with some people.

Snow Patrol will be in town to play Terminal 5 on Tuesday, April 30.



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Ask Dr. Goldman: Weight loss using electromagnetic technology

Life can get in the way of a lot of things that are important. It can be hard to fully commit to a constant workout schedule that fits in with both your work schedule and your life away from the office. You just can't predict what every day will bring and if there is a distraction that can get you away from the treadmill, chances are that they can pop up more frequently than you'd imagine.

Luckily, there have been technological advancements in the medical world that can help patients to lose weight and sculpt their bodies in ways that were not possible before. We recently spoke with Dr. Adam Goldman of NY Metro Vein to explain their

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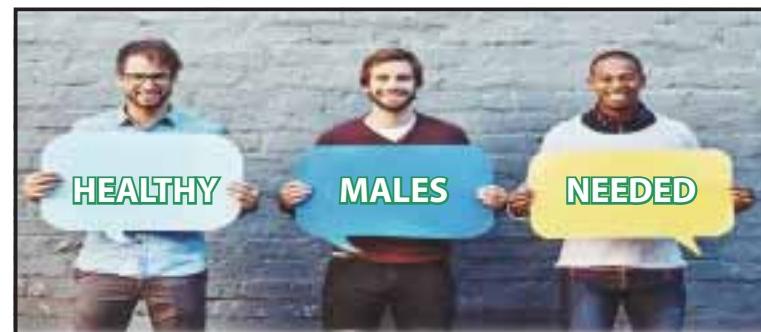


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SPORTS



The Nets had no answers for Sixers All-Star center Joel Embiid during Game 2. GETTY IMAGES

Nets need short memory to recover from Game 2 beatdown at hands of Sixers

After a shock win Saturday, the Nets were steamrolled by the 76ers in Game 2.

 JOE PANTORNO
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Looking at the big picture, the Brooklyn Nets probably would have been happy getting a split in Philadelphia over the first two games of their first-round playoff series against the 76ers.

In fact, that's exactly what Nets head coach Kenny Atkinson admitted to following the 76ers' blowout win in Game 2, even if there were major reasons for concern.

Monday night provided a reminder that the 76ers are still, in fact, one of the premier sides in basketball, using a monster second half in which they outscored Brooklyn 80-59 to fuel

a decisive 145-123 victory that eliminated any good feelings the Nets had following a surprise Game 1 victory.

Philadelphia's starting five provided a strong response from the series-opening dud, returning to form after JJ Redick, Tobias Harris, and Ben Simmons combined for just 18 points in Game 1.

Harris recorded 19 on Monday night while Redick added 17. Simmons added the exclamation point with a triple-double of 18 points, 10 rebounds, and 12 assists — a much-needed bounce back after getting on the Sixers fans for booing the team in Game 1.

"I was thinking about the boos from last game," Simmons said jokingly. "I got a lot of love for this city and the fans here. Every time I step on the floor I try and play as hard as I can, I was just showing that."

It took that much pressure off All-Star center Joel Embiid.

who continues to play through knee tendinitis issues as the supporting cast's second-half output allowed head coach Brett Brown to rest the big man for the night.

The Sixers led by just one at halftime before putting up 51 points in the third quarter, tied for the most in a quarter in NBA playoff history.

"Coach really got into us," Harris said. "It was fiesty."

"Yeah, he came in here and said a few cuss words. Shocked me a little bit, to tell you the truth," Jimmy Butler, who was held to just seven points, said. "But I like it. That's the type of energy I love. Just make sure everybody did their job, letting them know you can't have it — it's not winning basketball."

In just 21 minutes of play, Embiid was still unstoppable with 23 points and 10 rebounds, further exposing Brooklyn's inability to control play near the basket.

For Brown, it's a dangerous game to play

with the health of his star, but he believes that he's mastered the art of utilizing the 25-year-old.

"Let's face it, it's not ideal, but I have been used to his and whatever it takes with Joel in relation to his health, I'm so far past the anxiety of getting information late," Brown said as Embiid was a game-time decision in Game 1. "I'm numb to it. I'm past it... This is just the path we're on with Joel. There's zero doubt he's our crown jewel."

With Jared Dudley out injured with a strained calf and Ed Davis playing through a sprained ankle on Monday night, second-year center Jarrett Allen was constantly bullied down low by Embiid — including a nasty elbow to the side of the head that saw the Sixers star hit with a flagrant 1 foul. He was lucky not to be thrown out of the game.

Embiid, Simmons, and reserve center Boban Marjanovic combined for 28 rebounds

alone on the night, just four fewer than the Nets had as a team. Philadelphia outrebounded Brooklyn 49-32 on the night and outscored the Nets 62-48 in the paint, which was a big issue for Nets head coach Kenny Atkinson.

"They dominated us in the paint, dominated on the boards," Atkinson said. "As a team, we did not rebound. The first team did not rebound. And we've got to pick that up. If we don't find a solution to our rebounding woes, it's going to be over quick."

It's on Jarrett to pick it up, and it's on the rest of those guys, too."

While the Nets were taken advantage of in the paint, their outside shooting went ice cold.

After hitting 10 three's in the first half, they hit just five the rest of the night as the Sixers keyed in on the long-range sniper, Joe Harris, all game. The 2019 NBA three-point contest champion was limited to just four at-

tempts from beyond the arc in Game 2, hitting just one.

"Credit to them, they did a good job denying Joe," Nets star guard D'Angelo Russell said (h/t New York Post). "We definitely need him to go for us to go. We'll look at the film, see what we can do."

Russell was held to 16 points on the night on 3-of-7 shooting from three-point range — the same mark as Spencer Dinwiddie, who recorded a team-high 19 in the loss.

For Atkinson and the Nets, it's simply time to flip the page and focus on gaining some momentum back home in Brooklyn for Game 3 on Thursday night.

"One bad quarter, we're going to have to flush it and understand, one thing about the Brooklyn Nets this season, they've always bounced back and always responded after a game like this," Atkinson said. "I expect our guys to respond."

Yanks add Bird to already-long injury list

The first baseman is the 13th Yankee this season to land on injury list.



JOE PANTORNO
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The nightmare for the New York Yankees and Greg Bird continues.

On Tuesday morning, the team announced that it placed the first baseman on the 10-day injured list with a left plantar fascia tear. Bird became the 13th Yankee this season to hit the injured list prior to the team's 16th game of the season on Tuesday night against the Boston Red Sox.

Bird's injury isn't nearly as impactful as some of the other notable names that have gone down this season. The Yankees have already lost the likes of Giancarlo Stanton, Miguel Andujar, Aaron Hicks, Luis Severino,



Greg Bird suffered a foot injury that landed him on the IL, the Yankees announced Tuesday. GETTY IMAGES

Gary Sanchez, and Didi Gregorius for extended periods of time.

Luke Voit will assume his role as starting first

baseman, though the luster of his magical two-month run in the Bronx last season is starting to wear off already. Af-

ter batting .333 with 14 home runs in 39 games to finish off 2018, Voit is batting just .204 in his first 15 games. Granted,

the power is still there with four home runs and 14 RBI.

For Bird, it's yet another injury that has derailed a once-promising career. Once believed to be the first baseman of the future, Bird missed the entire 2016 season due to shoulder surgery and appeared in just 130 games from 2017-2018 because of a pair of ankle surgeries.

After an elbow scare in spring training this year, Bird was set to split time at first base alongside Voit. Yet his performance at the plate has been miserable yet again, batting .171 with a home run in 35 at-bats.

It's an even larger dip from his .196 batting average posted over the last two seasons, as patience with the 26-year-old has to be running extremely thin amongst Yankees management.

In a corresponding move, New York recalled Mike Ford from triple-A Scranton/Wilkes-Barre and moved Jacoby Ells-

bury to the 60-day IL.

Ford has been ripping it up in the minors in 2019, batting .410 with five home runs and 14 RBI in just 10 games. Should the 26-year-old — who is on the verge of making his MLB debut — continue that kind of production in the big leagues, he'll provide plenty of relief for the Yankees.

While the club has been the walking wounded, Aaron Judge and DJ LeMahieu have done just enough to keep the Yankees' ship from capsizing during the early portions of the season as they try to stay within striking distance of the first-place Tampa Bay Rays in the AL East.

Ford is a lefty at the plate and possesses a swing described by FanGraphs as having "natural loft." That's good news considering the short right field porch at Yankee Stadium as the door is seemingly open for him to step in for Bird for the long haul.

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ACROSS

- 1 ___ Antonio, TX
- 4 Greek letter
- 9 Part of the foot
- 13 To boot
- 14 Severity
- 15 Hawaiian tourist's dinner
- 16 Baseball glove
- 17 Item listed in a recipe
- 19 Current calendar pg.
- 20 Throw water on
- 21 Naps
- 22 Graduate exams, perhaps
- 24 Took first place
- 25 Lawmaking body
- 27 Coarse-toothed tool
- 30 Fragrance
- 31 Idaho exports
- 33 Fixed charge
- 35 Emeralds & opals
- 36 Sherpa or docent
- 37 Stick around
- 38 King topper
- 39 "Home on the ___"
- 40 Martin or Allen
- 41 Girl Scout groups

43 Gawked

44 Largest nation: abbr.

45 Docks

46 Runs away

49 Sudden muscle contraction

51 Skirt edge

54 Most drawn-out

56 Long skirt

57 Toy with a string

58 Indignant

59 Eager

60 As straight ___ arrow

61 Baseball's Derek

62 Tennis court divider

DOWN

- 1 ___ up; err
- 2 Galileo or Copernicus
- 3 As likely as ___; probably
- 4 Orange-and-black bird
- 5 3 ___ 2 is 1
- 6 Basketful from the henhouse
- 7 VP Quayle's successor
- 8 "___ you serious?"
- 9 UFO crew
- 10 Regrets
- 11 Isn't able to
- 12 Shacks
- 13 "I ___ Rock"; 1960s song

18 Discontinues, as a class

20 Facts & figures

23 Los Angeles team

24 Broad

25 Heroic tale

26 Standing straight

27 Ill-mannered

28 Man's scented lotion

29 Work with a loom

31 NBA team

32 Sty dweller

34 Open-___; alert

36 Spaces

37 Celebrity

39 Waken & force to get up

40 Flower stalk

42 "The Beaver State"

43 Family member

45 Adhesive

46 "Go ___ kite!"; rude dismissal

47 Late July babies

48 Popular Irish singer

49 Father children

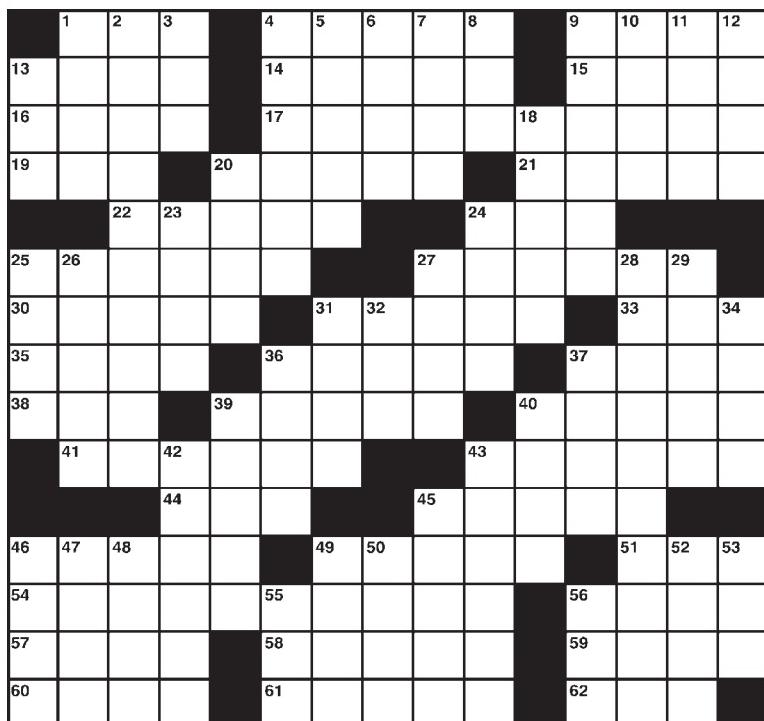
50 Moss type

52 Way out

53 Prefix for air or night

55 Encyc. vol., perhaps

56 Gent



BY TCA

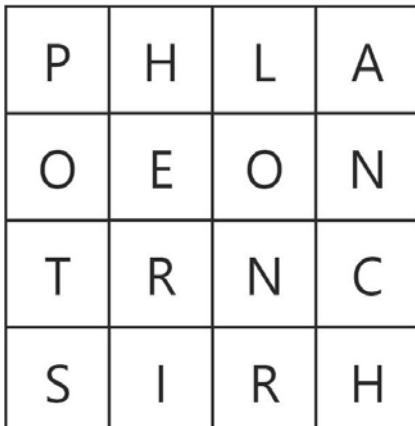
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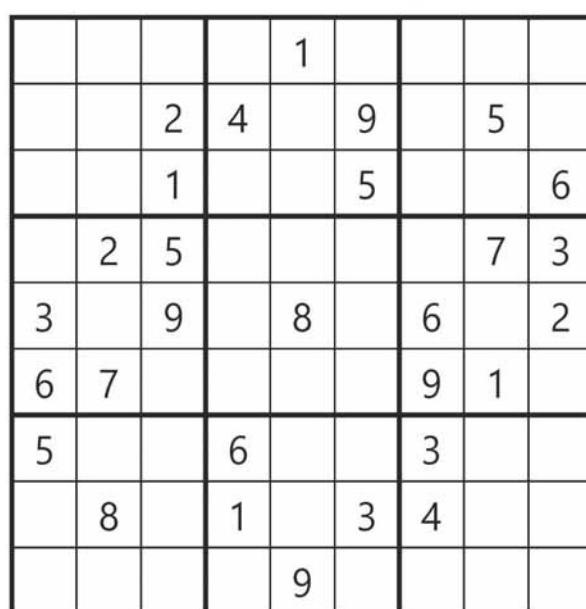
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| Aries | Libra | Taurus |
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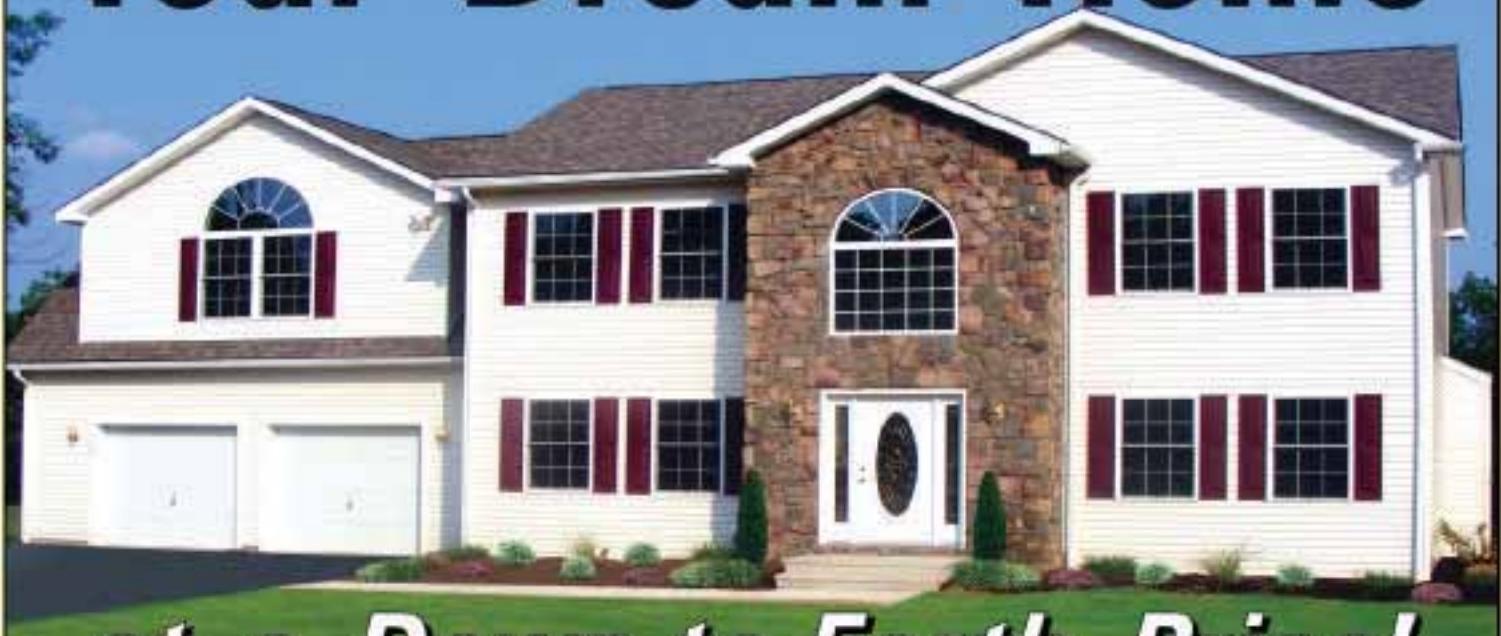
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